



# CAP

CONFERENCE OF ALLEGHENY PROVIDERS

NEWSLETTER FROM THE  
DIVERSITY, EQUITY, AND INCLUSION COMMITTEE

ISSUE #4 TOPIC: RACIAL TRAUMA

## RACE BASED TRAUMATIC STRESS

The backdrop of the Derek Chauvin trial for the murder of George Floyd serves as a stark reminder of the numerous ways in which the trauma of that day has been lived and relived over the last year. Each tweet, news segment, and conversation serves to potentially reopen the wound caused not only by the murder of Mr. Floyd, but also an innumerable number of related events before and since. These events can serve as vehicles for trauma both direct and vicarious. Racial Trauma or Race Based Traumatic Stress (RBST) is an important topic to explore.

The very real impacts of this constant exposure to trauma must be noted and addressed. One particularly alarming trend shows that the suicide death rate is increasing faster for black youth than any other group. Not only are black people in America presented with the traumatic events of yesterday and tomorrow, but research indicates that there are impacts felt by generational and historical trauma as well.

In his paper, *The Impact of Racial Trauma on African Americans*, Dr. Walter Smith explores ways in which the Trauma Model may be an effective and necessary component of any program designed to address systemic inequalities. Additional resources exploring Racial Trauma, Intergenerational Trauma, and the issues that stem from both.

**RBST refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes.**  
**-Helms, Nicolas, and Green, 2010**

### EDUCATION AND RACE

[UNCOVERING THE TRAUMA OF RACISM](#)

[COMPLEX TRAUMA](#)

[EFFECTS OF RACIAL TRAUMA](#)

[SYSTEMS OF TRAUMA](#)

### PODCAST SPOTLIGHT

[THE TRAUMA OF BEING BLACK  
IN AMERICA](#)

UNLIKE OTHER  
FORMS OF  
PSYCHOLOGICAL  
DISORDERS,  
THE CORE ISSUE  
IN TRAUMA IS  
REALITY.

Bessel A.  
van der  
Kolk -,  
1996

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